

Ballard

Community Center and Pool



Fall Program 2003

Ballard Community Center
6020 28th Ave. N.W.
Seattle, WA 98107
206-684-4093

Ballard Pool
1471 NW 67th St.
Seattle, WA 98117
206-684-4094

www.seattle.gov/parks

BALLARD COMMUNITY CENTER

6020 28th Ave NW Seattle, WA 98107

(206) 684-4093

(206) 706-7252 (Fax)

Please access our brochure
on line at www.seattle.gov/parks.

Ballard Community Center Staff

Theresa Burns	Center Coordinator
Chris Easterday	Asst. Center Coordinator
Ruby Aquino	Recreation Attendant
Anthony Robinson	Building Maintenance

Parks Department Management Staff

Ken Bounds	Superintendent
Christopher Williams	Division Director
Kathie Huus	Manager
Tom Ostrom	Senior Coordinator

Fall 2003

Public Hours of Operation

Monday - Friday.....	1:00 pm—9:00pm
Saturday.....	10:00 am—5:00 pm
Sunday	Closed

Fall Holiday Closures

Ballard Community Center will be **closed** on the following holidays:

Labor Day	September 1
Veterans Day	November 11
Thanksgiving	November 27 & 28
Christmas Day	December 25
New Years	January 1

Limited Hours

Christmas Eve	December 24
New Year's Eve	December 31
10 am-6:00 pm	(open to the public)

SEATTLE PARKS & RECREATION Mission Statement

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

REGISTRATION

Mail in registration begins Monday August 25 at 9:00 am. Walk in registration begins Monday, September 8. Phone in registration will be accepted after 12 noon on September 8. Most classes begin the week of September 15.

PAYMENTS

You may pay for classes and activities by check, money order, or VISA, MasterCard, or American Express during our regular hours of operation.

Please make your check or money order payable to:

Ballard Advisory Council.

A \$20.00 fee will be charged for all dishonored checks.

Table of Contents

Pre-School	3
Toddler Play Area	3
Pre-School Dance	4
Pre K Arts and Environment	5
School Age Childcare	6
Election	6
Urban 4-h	7
Christmas Ship.....	7
Ballet/Youth Dance	8
Youth Arts/Classes	9
Piano Lessons	10
Nature Discovery/Babysitters Training.....	10
Youth Sports	11
Teen Programs	12
Family Activities	13
Adult Fitness	14
Red Cross	14
Adult Music/Art.....	15
Pottery.....	16
Mail in Registration form	17
Senior Adults.....	18&19
Ballard Pool.....	20&21
Policies.....	22
Community Contacts.....	23

Pre-School Programs

Ready, Set, Go Playschool

Playschool Schedule & Payment Notes

Price stated for fall quarter only. These monthly program fees are based on the 9 month program (Sep—Jun) and will not change each month. Monthly fee due by the 25th of the previous month. Class age as of Aug 31.

\$75.00 deposit holds place in class.

Schedule generally follows Seattle Schools for holidays. (No class January 20, or February 17)

READY! (age 2) **\$300 or 4 payments of \$75**
Fun and stimulating activities emphasize socialization and motor skills through art & crafts, games, stories, singing and more! Great, positive atmosphere. Instructor: **Debbi Welsh**
Days: Tue/Thu, Sept. 15—Dec. 12
Time: 9:00 am-10:30 am

SET! (age 3) **\$400 or 4 payments of \$100**
Fun and stimulating activities emphasize socialization and motor skills through arts & crafts, games, stories, singing, sharing, friendships, and more! Great, positive atmosphere. Children must be potty trained. Instructor: **Debbi Welsh**
Days: Tue/Thu, Sept. 16—Dec. 12
Time: 10:45 am-12:45 pm

GO! (age 4-5) **\$720 Qtr/ or 4 payments of \$180**
This pre-school program provides that extra time for learning and socializing that your child needs for school readiness. This class will consist of walking trips to explore our neighborhood, incorporation of learning into our daily lives, and a cooperative learning experience involving parents! A warm, positive atmosphere and a large variety of activities enhance children's curiosity, creativity and academic skills. Parent involvement encouraged! Bring a lunch!
Instructor: **Debbi Welsh**
Days: Mon/Wed/Fri Sept. 15—Dec. 13
Time: 9:30 am-12:30 pm

Toddler Play Areas \$2/family/day

Toddler Play Room Grand re-opening September 12. Drop in and let your tot play with big soft toys, plastic climbers, kitchens, blocks and other fun things. Socialize with other tots and parents. Please stay with your child. *Health Department Mandate: carry out soiled diapers. Do not dispose in public cans.*

Mon-Fri 11:00 am—8:30 pm

Toddler Gym

Run, play ball, or bring in your tricycle!

Mon/Wed/Fri 11:00 am—2:00 pm

Cards available for \$20 for 11 visits and \$40 for 22



Just Starting Sports \$36

Welcome to the fall 2003 world of Big League Baseball and Big Stuff Basketball! Entry-level for ages 4—5 includes mild sports instruction and lots of active time. Parents are welcome to stay and assist/watch, though not required.

Coach: D'Juan Brown

Age: 4-5's

6 weeks

Day/Time: Wed , 5:30-6:30 pm

Date: Oct. 1-Nov 5

Pre-School & Youth Dance

Dance with Anne McBroom

Anne McBroom is a dancer, choreographer and actress with 13 years of experience teaching children dance and drama. She is professionally trained and has worked with Ballet West, Circle in the Square Performance School in New York City and has choreographed for Book it Repertory Theater and Youth Theater Northwest. She is certified to teach dance through Anne Gilberts Creative Dance Teachers Institute in Seattle.



Creative Movement **\$65**

These classes are a unique blend of dance and drama-taught through the conceptual approach. Children experience the joy of movement while engaging the imagination, learning dance technique and enhancing brain development. It is fun and healthy! Through rhyming exercise, movement stories, and dance combinations, children gain confidence in their bodies, while expanding their creative choices! Boys as well as girls have enjoyed these classes. Parents and friends are invited to come and celebrate our learning with us on the last day of class! Instructor: **Anne McBroom 10 weeks**

Days: Saturdays Sept. 20—Dec. 6
(no classes Oct. 25, Nov. 29)

Time: 4-5 yrs 10:20—11:15 am
6-8 yrs 9:15—10:10 noon

NEW

Days: Tuesdays Sept. 23-Dec 9
(no classes Nov. 11, Nov. 25)

Time: 3-5 yrs 11:00-11:50

Parent/Toddler Dance **\$65**

This popular class returns at an earlier time! Experience the joy of dancing with your child while exploring movement concepts and learning new skills. Brightly colored props and a wide variety of music and rhythm instruments make for a fun and educational environment. Activities are taught that can be explored at home. Caregivers always welcome.

Instructor: **Anne McBroom**

Ages: walking—3 yrs **10 weeks**

Date: Tuesdays, Sept. 23—Dec. 9

Time: 10:00 am-10:55 am
(no classes Nov. 11, Nov. 25)

Miss Ellie's Danceworks **NEW!!!**

Introducing **Miss Ellie Jo Roberge** our newest instructor. She brings a wealth of knowledge and experience to our Community Center. Besides teaching technique Ellie Jo believes that a dance education also offers many valuable benefits, such as: Grace, Poise, Good Health, Recognition of Mind and Body Unity, and Self Expression thru Self Confidence. A dance education also teaches children to take direction and cooperate with a group, at the same time developing powers of concentration. A genuine and personal interest is given to each child.

Tap An exhilarating dance form in the classic L.A. style. Learn the traditional soft shoe in a course that works in rhythm coordination and presentation. **\$52**

Beg. Jazz A class designed to cultivate the student into presenting the whole body through Jazz technique and upper and lower body movements. **\$52**

Acrobatics Special attention is given to improving balance, strength, flexibility and good coordination. It is suggested by the instructor that the student take at least 1 dance class to develop proper unity between grace, strength, poise and flexibility. **\$68**

Instructor: **Ellie Jo Roberge**

Classes start the week of Sept 15 8 Weeks

Mondays:	Class:	Ages:
11:45-12:45 pm	Acrobatics	3-6

Fridays:		
11:45-12:45	Beg. Jazz	3-6
1:00-1:45 pm	Tap	3-5

More Pre-School

Thumblina/Tumblena **NEW** \$52

A class for Mom or Dad and me. For ages walking to 3 years. In this class, parents and their toddlers explore the elements of Dance movement, strength, and flexibility in a playful in a playful and flexible atmosphere. We use props and music to enhance our explorations. We include ways of improving balance & good coordination. The tumbling moves also help with Mind/Body connection and gives the child an easier time in school when learning to read and write. **\$52**

Instructor: **Ellie Jo Roberge** **8 Weeks**

Classes start the week of Sept 15

Mondays:	Class:	Ages:
10:45-11:30 am	Thumblina	walking-3 years
Fridays:		
10:45-11:30 am	Thumblina	walking-3 years



Exploring with Mom / Dad and Me

A pre-school program series for 4 - 5 year-olds with a parent/caregiver. This program series offers chances to connect with your child and the outdoors in ways you didn't imagine possible. Model your joy in the simple pleasures of the outdoors and your children will love it always. This 6 part series goes through awareness of surroundings, magnify! (seeing all parts of the whole), rocks, water and land, all about plants, bugs and spiders and the 'web of life. Each week will include outdoor exploration and a snack. Taught at Golden Gardens Bathhouse by a Carkeek Park Naturalist, **rain or shine!** **6 weeks**

Days: Mondays, Sept. 22—Oct. 27

Time: 9:30—11:00 am

Cost: \$55.00 per parent/child, \$25 second child

TOT-al Immersion Art \$75

Learn to make your mark! Experience a variety of hands-on (and feet-on) learning fun! Your child will create and explore art through their senses. Your child tries and learns about color, texture, shape, and line with paint, printmaking and collage. Dress for mess. Invite your favorite grown-up. **Carrie O'Donoghue**, MFA, is a visual artist who loves working with children and making big messes with art. She has also been showing work in Seattle, Chicago, Berlin and Minneapolis for over ten years. And is a graduate of "The School of the Art Institute of Chicago". Repeat students always welcome!

Session 1: Sept. 17—Oct 22

Session 2: Oct. 29—Dec 10
(no class Nov 26)

Ages 18 mos—35 mos

(with an adult unless toilet trained)

Wednesdays 4:15—5:00 pm

Ages 3 to 5

Wednesdays 5:15—6:00 pm

Tyke Hykes \$5 per family

'We can talk,' said Tiger-lily (who was waving gracefully about in the wind), 'when there's anybody worth talking to.' " (from Alice through the Looking Glass by Lewis Carroll)

Saturdays, **rain or shine** in the parks, 4 - 6 year-olds can check out how spiders make their webs; how to make a flower blush; smell the good, clean soils; be foxes, song-birds and salmon; and in general explore nature the weather and please sign up in advance!

Instructor: **Heather St. John**

Days: Saturdays, Oct. 11, 18, 25, and Nov 8

Time: 10:00-12:00 noon

Location: Meet at Golden Gardens Bathhouse

Childcare Programs

Our Before & After School programs offer child-friendly care, easy for working parents of kindergarten—5th graders at Ballard Community Center. So much to do, so little time: games, cooking, running, reading, art, crafts, sports, snacks, music, dance, computers, homework, movies, even karaoke contests! Ballard CC is a DSHS site and program-approved for highest quality time away from home and school. Most children attend Adams, West Woodland, Whittier, COHO/NOMS, or Loyal Heights schools.

Ballard Kid Care follows the Seattle School District schedule: Wed Sep 3, 2003—June 15, 2004. Program fees are spread evenly through the entire nine-months (178 days) of school. Conference half days are included in the monthly fee. Discounts for holidays and weekly breaks will be given to our current participants—advance registration & payment required.

FEES *

Monthly fees to be paid ahead by the 25th:

MORNING		7:00-9:00 am
Full time	5 days/week	\$175
Half-time	3 days/week	\$129
Part-time	2 days/week	\$86
AFTER SCHOOL		3:15-6:15 pm
Full time	5 days/week	\$230
Half-time	3 days/week	\$165
Part-time	2 days/week	\$110

BOTH PROGRAMS

5% discount for both programs.

***Scholarships are available.** Please call Terri at 684-4093 for information and application.

REGISTRATION

\$75.00 secures your child's spot in the Before and After School program. \$50 is applied as a deposit, and \$25 is an annual sup-

ply fee. Medical / authorization form and immunization records must be completed and on file, prior to your child attending. Families using DSHS for payments must provide all documentation.

VACATION & NO-SCHOOL DAYS \$25/day

Winter and Spring break camps, as well as single days out of school are additional fees. Pre-registration and payment is required for these sessions.

DISCOUNTS

SIBLING discount of 5% off 2nd child's fee.

School Break Camps

Remember, you always have a fun and safe place for your kids during those in service training days, conference half days and holiday breaks! Offered at a discount to our regular Before and After School participants, these programs are also open to the general public. Please register in advance, as camps fill up fast!

Full Day Camps: Oct. 10.

Mid-Winter Break: Dec. 22—Jan 2

Call for prices and to register! 684-4093

FALL ELECTIONS AT BALLARD C.C.

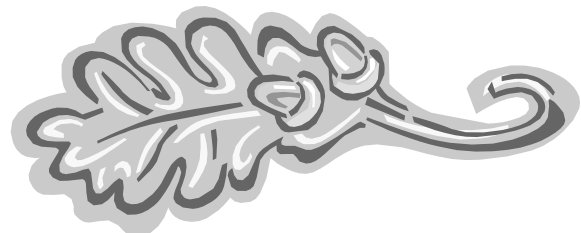
The Ballard Community Center will host Fall elections in the multi-purpose room. Polls operate from 7:00 am to 8:00 pm

PRIMARY ELECTION

Tuesday, September 16, 2003

GENERAL ELECTION

Tuesday, November 4, 2003



Urban 4-H

Urban 4-H!

Are you into it? 4-H membership is open to youth enrolled in Kindergarten through age 19. At Ballard Community Center members tend an urban garden, learn about cooking, arts & crafts, community service/service learning, and exploring the world of science. Enrollment is open to youth ages 5 (as of October 1) through age 19.

Younger members learn by "doing" in a hands-on environment. Register at Ballard Community Center. Volunteers are always welcome! Community Service Learning opportunities for teens are available. Fall organizational meeting is Saturday, September 27 from 12:00-1:30 pm.

Leader: Elaine Dunn

Saturdays Nov. 1—Dec. 31

10:30—11:30 am

1st Saturday of the month

Clover Buds—grades K-2

2nd Saturday of the month

Juniors—grades 3,4,5

3rd Saturday of the month

Intermediates—grades 6,7,8

4th Saturday of the month

Seniors—9th grade and up

Fall organizational meeting

September 27

12:00—1:30 pm

Join us as we celebrate the end of the current 4-H year and make plans for the 2003-2004 year.

Please call 206-684-4093 to register.

Fall Teen Event

October 17-19 Northwest 4-H District Teen Rally at Camp Brotherhood (Skagit County) for youth in grades 7-12.

Fall Teen Service

Design and build raised planter beds for 4-H Garden.



Holiday Fun



Holiday Wreath Making Workshop \$5

Use natural materials to create beautiful holiday wreaths to adorn your door, or to give a handmade gift to friends and family. This is a class suitable for the whole family complete with hot chocolate and treats!

Day: Friday, November 21

Time: 6:30—7:00 pm

Cost: \$5.00 per wreath

Christmas Ship

Thursday, December 11

7:00-9:45 pm Golden Gardens (bonfire site)

7:45-8:15 pm Ballard Locks

Holiday Greeting Cards Workshop

Make greeting cards for your friends and family. This workshop will focus on children 5-12. An assortment of cards and ideas for Christmas and Hanukkah will be available. A fun activity for the holidays.

Ages: 5-12

\$8

Date: Dec. 18

Time: 5:30-7:30

Holiday Cookie Classes

\$20

Just in time for the holidays. We will offer 3 classes right before each of the 3 major holidays this quarter. Halloween, Thanksgiving and Christmas. Perfect for your holiday enjoyment.

Dates: Oct. 27, Nov. 24, Dec. 22

Youth Dance

Dance with Chloe

Thursday afternoon Ballet classes at Ballard Community Center are here and ready for dancers! Boys and girls are invited to join instructor **Chloe Davenport** for fun learning basics of movement and dance. Class age as of Aug. 31.

Instructor: **Chloe Davenport 12 Weeks**

Thursdays Sept. 18-Dec. 11 (no class Nov. 27)



CREATIVE DANCE 3-4's Thurs (3 yrs) 12-12:45 (4 yrs) 12:45-1:30 pm \$75

Hopping! Leaping! Twirling! Through fantasy and games the children learn basic movement skills and vocabulary such as gliding, and stretching to name a few. Boys and girls will also be encouraged to work as a team and make individual choices in their expressive movement.

PRE-BALLET 4-5's Thurs 3:30-4:15 pm \$78

Children experience the joy of dancing while learning basic movement skills and vocabulary including sliding, jumping, turning, and balancing. Beginning ballet concepts are taught through short fun dances and rhythmic games as well as creative assignments.

PRE-MODERN 4-5's Thurs 4:15-5:00 NEW \$78

While fantasy and creativity are still at the root of this class, rhythmic and energetic modern dance exercises will help strengthen and stretch our bodies. Movement concepts such as space, force and rhythm will be explored through games that develop creativity. We will also learn specific dances to enhance our new understanding of those concepts. Children should wear a leotard and footless tights of any color and have their hair pulled out of their faces.

BALLET I 6-7's Thurs 5:00-6:00 pm \$78

Basic ballet vocabulary is taught and combined into fun, energetic and expressive dances. Traditional ballet bare and center-floor work will be introduced and a creative game will round out the hour.

BALLET II 8+ Thurs 6:00-7:00 pm \$78

This class is for kids who have had some ballet and for older beginners. Students will continue to develop skills at the bare and center-work as well as their expressive abilities through creative/compositional assignments.

Uniform requirement for all classes: Girls: pink tights and pink ballet slippers, leotard and hair pulled into a bun if possible. Boys: black tights and black ballet slippers and a T-shirt.

***Parents and friends are invited to join us for a demonstration/performance on the last day of class.



Ballet Hair Workshop \$5

Learn to do your little ballerina's hair. Princess style, buns and other great tips.

Thursday Nov. 13, 7:00-8:00 pm.



Youth Classes

Youth Pottery

\$62

Join our resident pottery instructor Andrea Hays in a wonderful adventure of pottery. You'll explore various techniques such as hand and coil building and slab work.

Instructor: **Andrea Hays** 6 Weeks

Days: Wednesdays

Dates: Oct. 29-Dec. 3

Time: 4:30-6:00 pm

Ages: 11-Teen



Jazz/Hip Hop

\$68

For Teens ages 11 to 17. A course designed for teens interested in feeling self confident on the dance floor. A high spirited class with all the latest dance moves, taught at a level teens can relate to.

Instructor: **Ellie Jo Roberge**

Classes start the week of Sept. 15

8 Weeks

Days: Saturday

Time: 2:00-3:00

Acrobatics

\$68

Special attention is given to improving balance, strength, flexibility and good coordination. It is suggested by the instructor that the student take at least 1 dance class to develop proper unity between grace, strength, poise and flexibility.

Instructor: **Ellie Jo Roberge**

8 weeks

Date: Sept 20

Time: 4:00-5:00 pm

Days: Saturdays

Ages: 7-14

Holiday Cookie Classes

\$20

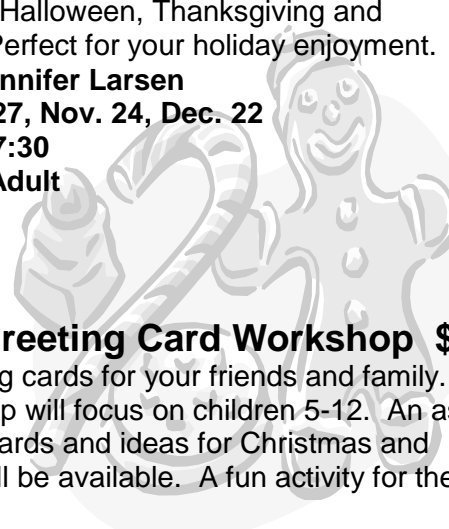
Just in time for the holidays. We will offer 3 classes right before each of the 3 major holidays this quarter. Halloween, Thanksgiving and Christmas. Perfect for your holiday enjoyment.

Instructor: **Jennifer Larsen**

Dates: Oct. 27, Nov. 24, Dec. 22

Time: 5:30-7:30

Ages: 8 to Adult



Tea Party and Dress up

\$5

Wear your favorite dress up costume and bring Mom or Dad, and your favorite bear or doll for an afternoon of fun, make believe and fantasy. Refreshments will be served at the Tea Party and we will have puppets, story time, music and a jeweled plant arts and crafts project.

Instructor: **Lori Zundell**

Date: Saturday Oct , 4

Time: 1:00-3:00

Ages: 4-8 years

Max: 12



Holiday Greeting Card Workshop

\$8

Make greeting cards for your friends and family. This workshop will focus on children 5-12. An assortment of cards and ideas for Christmas and Hanukkah will be available. A fun activity for the holidays.

Instructor: **Jennifer Larsen**

Date: Dec. 18

Time: 5:30-7:30

Ages: 5-12

\$

Holiday Ornament Creations

\$12

Keep your little hands busy for the holiday season. Ornaments will be made from a variety of materials including bakers clay, and life savers candy. A perfect gift for Mom or Dad. Parents can drop and shop!

Instructor: **Jennifer Larsen**

Date: Dec, 20

Time: 12:00-2:00

Ages: 6-12

\$

Fun Stuff for Kids



Piano/Guitar or Singing Lessons \$130

Local professional artist brings his teaching expertise to Ballard CC. He invites you to discover what you like about music. You can learn beginning or continuing piano, guitar or singing. Owning a keyboard/ piano helpful and singers need to have access to a tape player. Call 684-4093 to register for your 30 min weekly session. Instructor: Bruce Howard

Dates: September 15—November 4

Days: Monday/Tuesday

Time: 3:30—5:30

Fee: \$130 or 2 payments of \$65



Nature at Golden Gardens

Join us for evening walks ending with a bonfire. Each event is led by a Naturalist from Carkeek Park, Heather St. John, and includes an evening stroll through a part of the park, then gathering around the bonfire for stories, songs and marshmallows!

Friday, Oct. 10

6:30—8:00 pm

Meet at the bathhouse

Nature Discovery

\$60

In this after-school program, elementary age students are given the opportunity to tap into some of the stuff they could be learning in school in a 6-part series of programs offering a wide range of nature awareness activities, games and exploration. This offers a chance for 6 - 12 year-olds to know that Dirt made my lunch, that Forests are a mystery, that Wetlands are like bathtubs only better, that Beaches are homes to a gazillion little worlds, that Plants are incredible edible machines, and that it's all one big spider web of connections ... We will help pull apart the strands of this web so they are understandable and fun.

Maximum 10 children. Instructor: Carkeek Park Naturalist. **Meet at the Golden Gardens Bathhouse, rain or shine!**

Dates: Sept. 16—Oct. 21

Days: Tuesdays

Time: 4:00—5:30 pm

6 weeks

Red Cross Babysitter's Training

The Babysitter's Training course from American Red Cross will teach you everything you need to be a great babysitter. This fun, interactive course teaches first aid and safety skills so you can prevent and respond to emergencies. And, as a Red Cross-trained babysitter, you'll gain confidence and valuable employment skills to impress parents. Bring a lunch. Call 323-2345.

Day: Saturday, October 18

Time: 9:00—4:00 pm

Cost: \$30.00

Youth Sports

Indoor Nerf Soccer 5-7 yrs \$36

The little boys & girls in the family will have the opportunity to boot a nerf soccer ball around the gym. Entry level sports league: **Games played on Thursdays w/ Loyal Heights & Bitter Lake (Oct 9-Nov 13)**. Big brother or sister coaches welcome (impartial parents okay). T-shirts provided.

5-7 yrs Tues & Thurs 6-7 pm
October 9—November 13

Just Starting Sports \$36 4-5 yrs

Welcome to the fall 2003 world of Big League Baseball and Big Stuff Basketball! Entry-level includes mild sports instruction and lots of active time. This popular program has a paid instructor. Parents are welcome to stay and assist/watch, though not required.

Instructor: **D’Juan Brown**

4-5’s Wed 5:30-6:30 pm
6 wks Oct. 1-Nov 6



Girls Basketball Skills & Drills

Just for girls only. Get a jump start on the upcoming Basketball season. This weekly practice time gives you a chance to practice fundamentals and conditioning. Volunteer AAU coaches are on hand to help improve your game!

Carol Magee / Larry Shannon

Thursdays 6—7:30 pm
September 18—November 20 FREE

Volleyball 10-17 yrs

Practice begins Sept. 9

Sign up as individuals or as a team. Games on Thursday evenings.

Flag Football 10-17 yrs

Practice begins Sept. 9

NFL-sponsored—5 aside, no blocking, no contact, fast-paced, high scoring...LOTS of Fun!

Games on Saturdays

Coach: **D’Juan Brown**



Youth Basketball \$45

Sign ups for our award winning youth basketball program begin soon! Boys and girls ages 8 to 17 can sign up to play on age appropriate teams. Coached entirely by volunteers, practices begin in mid-November and games are played January through March. Volunteers needed!

Sign Ups Begin Saturday, October 12

Little Beavers Basketball \$45

We have basketball for the ‘little beavers’ too! Children ages 6 and 7 can sign up for this instructional program that will include scrimmage games at the end. Don’t miss out on this chance to learn and practice basketball skills! Includes T-Shirt.

Sign Ups begin Saturday, December 20
Volunteers Needed!

Teen Programs

Through passage of the Pro Parks Levy by the citizens of Seattle, Ballard Community Center is fortunate to have **D’Juan Brown** as the Teen Development Leader. Programs are designed to provide various activities for teens grades 6—12 during afternoons, evenings, weekends and summers when they are not in school. **Check out our teen room any day after school.** Everyone who participates must have a Participant Information and Authorization form on file at the center. Call D’Juan for information on the teen programs at 684-4093.

Back to School Bonfire, Sept. 6, 7-9 pm
Come and kick off our Fall programs.

Jazz/Hip Hop **\$62**

For Teens ages **11 to 17**. A course designed for teens interested in feeling self confident on the dance floor. A high spirited class with all the latest dance moves, taught at a level teens can relate to.

Instructor: **Ellie Jo Roberge** **8 Weeks**

Dates: September 20-November 8

Days: Saturday **Time:** 2:00-3:00

Weight Training

Develop strength and increase your health with training at the Loyal Heights weight room. Learn to use weights and machines to develop an athletic build. Space is limited. Inquire at Ballard or Loyal Heights Community Centers. **Wednesdays**

Chess Club

Like to play? Want to learn? Drop by on Wednesdays to play and learn. The club will begin meeting on the first Wednesday of October. **Wednesdays 3-4**

Teen/Adult Open Gym

Come in and get your game one on Wednesday evenings. **Wednesday**

Teen Night

Teen night will include gym games and a variety of other events to be held at Green Lake Community Center. Please arrive at the Ballard Community Center no later than 6 to catch a ride to over to Green Lake. **Fridays 6-8**

Art Without Limits

Art Without Limits will be hosting a number of music and art events this fall. All will be teen led and teen organized. To get involved or to check the event calendar please visit:
www.artwithoutlimits.org.

Life Skilz Cooking Class **\$52**

Learn to cook for yourself. And of course eat what you make. Instructor: **Jennifer Larsen**

Dates: Sept. 16, 23, 30, Nov. 7

Time/Days: Tuesdays, 3:30-5:30 pm

Flag Football

Sign up now for NFL-sponsored—5 aside, no blocking, no contact, fast-paced, high scoring...LOTS of Fun! Games on Saturdays.

Practice: TBA

Suitcases of Hope

Suitcases of Hope is a very special art program. The program participants will paint suitcases for foster children who tend to move often. They send us letters describing the things that they like and we paint them to reflect their likes.

Tuesdays & Thursdays 5-7

Mod Podge **\$28**

Bring your phone, picture frames, mirrors, lamps, chairs, or whatever and customize it.

Instructor: **Jennifer Larsen**

Thursdays Sept. 18, 25, Oct. 2, 9.

Time: 4:00-5:30

Teen Room Art Mural Project

Help up design a mural for the Teen Room at Ballard CC. Our new resident Artist **Jennifer Larsen** will help you create a unique piece of work to decorate the Teen Room. A variety of mediums will be explored.

Service Learning Hours

Do you need Service Learning Hours to complete your graduation requirements? We have lots of possibilities for you....

Special Event Assistant

Fridays from 5:30—9:00 pm

Youth Sports Coach/Assistant

Nerf Soccer, Youth Basketball, Days and times vary

Childcare Assistant

Monday through Friday, 3:00—6:00 pm

Family Activities

Friday Family Nights

We have put together this fun slate of activities suitable for all ages! Join us for a relaxing evening of fun for everyone! Programs are planned to begin at about 6:30 pm and end at 8:00 pm. Most activities are free unless otherwise noted!

Friday Family Night

Join us each Friday from 6:30 to 8:30 as we do a variety of fun filled family activities that you won't want to miss! Suitable for all ages!

Sept. 19	Roving Reptiles	\$3/10
26	Dinner & Willy Wonka	\$3/10
Oct. 3	Bingo!	\$1
10	Nature walk and Bonfire	
17	Dinner & Wizard of Oz	\$3/10
24	Pumpkin Carving & Painting	\$3
31	Halloween Carnival	
Nov. 7	Bingo!	\$1
14	Dinner & Lion King	\$3/10
21	Family Wreath Making	\$5
Dec. 5	Bingo!	\$1
12	Santa's Workshop/Crafts	\$5
19	Dinner & The Grinch	\$3/10

Roving Reptiles

Enjoy an evening of fun with Roving Reptiles. Reptile expert Clayton Green will delight the family with his reptilian friends. Get ready for a hands on experience with some exotic reptile critters.

Friday September 19

\$3 person or \$10 for a family of 4



Captain Ballard's Bingo \$1

Join Captain Ballard for a great night of family bingo! Lots of fun for kids and parents alike as we play black-out, four corners and double 'x'. Many fun surprises and prizes can be won! Each participant may only play one card at a time.

Friday, Oct. 3, Nov. 7 & Dec. 5

6:30—8:00 pm \$1. per person per night

An Evening at Golden Gardens

Join us for evening walks ending with a bonfire. Each event is led by a Naturalist and includes an evening stroll through a part of the park, then gathering around the bonfire for stories, songs and marshmallows!

Friday, Oct. 10

6:30—8:00 pm Meet at the bathhouse

Dinner & Movies

All your favorite movies. We will show the movies. Dinner for the family consists of hot dogs, chips or Spaghetti and a drink, plus popcorn!

Friday, Sept. 26, Nov. 14 & Dec. 19

6:30—8:00 pm (some movies will go longer!)

\$3 person or \$10 for a family of 4

Holiday Workshops \$5

Two family workshops for your family holiday fun! First, make a wreath to decorate your home and bring in the holiday cheer. Second, join us for an evening of holiday crafting where you and your child can make wonderful holiday treasures suitable for gift giving, or to trim your tree! Both evenings complete with hot chocolate, and treats!

Family Wreath Making Friday, Nov. 21

Santa's Workshop Friday, Dec. 12

6:30—8:00 pm \$5 per family/workshop

Adult Fitness

Aerobics— Cardio, Strength and Sculpting

A complete body toning and cardio workout consisting of a warm-up, low impact aerobics activity (with high impact options) and muscle strengthening and sculpting exercises. You'll finish by stretching to increase flexibility. Instructor **Katie Franklin** is a certified ACE Group Fitness instructor.

Days: Mon/Wed/Fri, Sept. 15-Dec 12

Time: 9:30-10:30 am
(no class 11/11 or 29)

Punch Cards: 10 for \$45
20 for \$80
30 for \$110

Morning Class Babysitting

Continued tradition at Ballard CC to offer quality babysitting in the toddler play room during morning Aerobic and Yoga classes. Please contact staff if you need this service.

Mon/Wed/Fri 9:30—10:30 am

10 Punch Card: \$30

Circuit Training

Conditioning exercises utilizing weights, bands, the exercise ball, and steps; interspersed with aerobic segments consisting of simple athletic moves. Guaranteed to make you sweat while strengthening and toning your body. Thorough stretch at the end.

Heather Richter is a certified ACE Group Fitness Instructor.

Days: Mon/Wed, Sept. 15—Dec. 12

Time: 6:15-7:15 pm

Punch Cards: 10 for \$45
20 for \$80
30 for \$110

Baby sitting for Circuit class: Please contact Ballard CC staff if you need babysitting for this class. Arrangements made if enough interest.

Yoga

\$40/Session

Develop increased strength, flexibility, and a sense of relaxation through a combination of breath work, postures and strengthening exercises. Join this popular class and come away refreshed!

Instructor: **Carole Barrer**

2 Six Week Sessions

Days/Time: Tue, 7:00—8:00 pm

Session 1: Sept. 16—Oct. 21

Session 2: Nov. 4—Dec. 9

Jazz n' Fitness

\$35/1 x \$68/2 x

This is a course in aerobic conditioning with the combination of stretching, toning and fun simple dance moves. Jazz your self right into excellent physical condition and maintain your cardiovascular fitness. **8 Weeks**

Instructor: **Ellie Jo Roberge**

Dates: September 15—November 8

Mondays: 1:00 -2:00 pm

Saturdays: 4:00-5:00 pm

Fee: 1 day \$35 2 days \$68

Red Cross First Aid/Adult CPR \$45

Update your First-Aid and CPR Certification. This class meets WISHA and OSHA requirements. **Call The American Red Cross:**

(206)323-2345 to register.

Tue & Thur 5:00—9:00 pm

Sept. 2 & 4, Oct. 7 & 9, Nov. 18 & 20, Dec. 9 & 11, 2003. Jan 13 & 15 2004.

Adult Free Shoot

Shoot the "J" with your friends. The gym is open for adults to shoot hoops.

Wed & Fri 6:30— 8:45 pm

Musical Options

Piano, Guitar or Singing Lessons \$130

"Learn to play piano at my age?" YOU BET! AGAIN, YOU BET! A local professional artist brings his teaching expertise to Ballard CC. He invites you to discover (or RE-discover) what you like about music. You can learn beginning or continuing piano, guitar or singing. Owning a keyboard/piano is helpful and you need access to a tape player for singing lessons. Call 684-4093 to register for private 30 minute weekly sessions. Some daytime sessions available, call for times. Instructor: Bruce Howard

Dates: September 15—November 4

Days: Mondays/Tuesdays

Time: 5:30—6:30 pm

Fee: \$130 for 8 or 2 payments of \$65

Holiday Greeting Cards Workshop \$12

Make greeting cards for your friends and family. An assortment of cards and ideas for Christmas and Hanukkah. A fun activity for the holidays. For Adults.

Instructor: **Jennifer Larsen**

Date: Dec. 11

Time: 6:00-8:30

\$12

Build a Gingerbread House \$8

A popular holiday activity, a must for every holiday enthusiast. No home is complete for the holidays without a gingerbread house. The class will occur during our annual Candy Cane Lane Bazaar. So come and get the holiday spirit.

Instructor: **Jennifer Larsen**

Day: Sat

Date: Nov. 22

Time: 10:00 am-1:00 pm

Decadent Desserts \$25

Join us for this delightful dabble of desserts. Just in time for the holidays, you will make Coeurs à la crème, chocolate turnovers, Red Velvet Chocolate Cake, and learn to work with puff pastry. Come away with not just desserts, but lots of ideas for presentation.

Instructor: **Jennifer Larsen**

Days: Mondays, Nov 3, 10, 17

Time: 6:00—9:00 pm

Seattle Civic Band

The Seattle Civic Band is an intergenerational community band composed of wind and brass instrumentalists and percussionist now celebrating its 13th year of creating music. It was founded in 1989, shortly after the opening to the Ballard Community Center. The Civic Band presents concerts throughout the Puget Sound area, playing a repertoire of light classical, popular Broadway and march tunes. The band is actively seeking new members in all sections. No auditions are required, and players of all levels and ability are welcome. A quarterly fee from each member covers registration and music expenses. Call 729-3534 for more information. Conductor: **Jo-Ann Christen**

Days: Thursdays, Sept. 11—Dec. 4

Time: 7:30—9:00 pm



Pottery Classes

Pottery-Basic & Continuing \$130

For beginning and continuing students. Learn the basics of wheel throwing or increase your current skill level with focused project work. We'll explore lots of hand building, including coil building, extruding and slab work and altering our wheel thrown pieces. We'll play with a variety of surfacing techniques. Participants must choose the session which they wish to attend.

Instructor: Mon/Wed: **Andrea Hays**

Tue: **Barbara Dunshee**

Mondays Sept 15—November 3

Tuesdays Sept 16—November 4

Wednesdays Sept 17—November 5

6:15—8:45 pm 8 weeks

Note: The pottery classes are not designed for production work. Fee includes first bag of clay, firing and glazes.

Open Studio Note:

Ballard Community Center does not offer an "open studio". People who wish to use the pottery studio must be registered in one of the classes (listed on this page) offered by Ballard Community Center.

Practice Time

Students *currently enrolled* in Ballard Community Center classes may practice in the studio when it is not scheduled for other classes. Times to be posted in the studio.



Holiday Ornaments

Learn simple surface decoration techniques on porcelain to create beautiful one-of-a-kind ornaments. You can create your own glaze and there will be pre-made Holiday shapes. Some of the techniques taught are "terra siqillata", "sgraffito" and faux air brush. No prior experience required!

Days: Sat, Nov. 22

Time: Adults 12:00-2:00 pm **\$15**

Children 10:00-11:30 am **\$10**

Kids Clay \$62

Handbuilding only. Some of the things we will be building in this hands on class are Jack-o-lanterns, you can actually light! Tiles, trivets, place card holders, and small bowls. Please wear old clothes as you will get MESSY!

Instructor: **Andrea Hays**

Dates: Mon, Oct. 27-Dec. 1 **6 weeks**

Time: 4:30-6:00 pm

Ages: 5-10

Youth Pottery

\$62

Using drop molds, hump molds and extruded clay, we will make hand built tableware that you create! We will explore ancient surface decoration techniques of "terra siqillata" and "sgraffito" to make one-of-a-kind original pieces of art. Plenty of hand sculpting too!

Instructor: **Andrea Hays**

Days: Wed, Oct. 29—Dec. 3 **6 weeks**

Time: 4:30—6:00 pm

Ages: 11-Teen



Mail In Registration

PAYEE INFORMATION, PLEASE PROVIDE ALL INFORMATION REQUESTED BELOW

NAME: _____ BIRTH DATE: _____

ADDRESS: _____ CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____

CREDIT CARD PAYMENT: VISA _____ MASTERCARD _____ AMERICAN EXPRESS _____

CARD# _____ EXP. Date _____

Signature _____ Date _____

☐ Yes, my child may be photographed for use in Ballard Community Center publications.

I hereby give my consent for the below named participant(s) to participate in the program(s) listed below being conducted or co-sponsored by the Seattle Department of Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Department of Parks and Recreation, the Department's employees, Advisory Council, or any volunteer associated with the program responsible for injuries, damage or personal loss incurred with participating in said program(s). The undersigned and below named participant(s) are aware that safety regulations are applicable to the above program(s) and hereby agree to comply with such regulations and all directions of instructors and/or other personnel in charge of program(s).

Signature (Participant, Parent of Guardian) _____ Date _____

Printed Name _____ Relationship _____

Class Title	Day(s)	Time	Fee	Participant(s) Name	Birth Date	Sex

Complete the Credit Card payment information or make checks payable to:
Ballard Advisory Council #130 and mail to:
Ballard Community Center 6020—28th Avenue North West Seattle, WA 98107

Senior Adults

REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS

206-233-7138

Recreation Specialist-Stacie Sheridan

Fall Quarter Dates: Sept. 30–Dec. 13

No Programs: November 11, 28, 29

Make-Ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

Class Registration begins Sept 16th. Please use the **Registration Form** in this brochure.

Class dates/times are subject to change.

Mail class payments to: Sr. Adult Programs, ATT: Stacie, 8061 Densmore Ave. N, Seattle, WA 98103. Make checks payable to 'SAAC'

SENIOR AEROBICS \$18.00–1 dayweek

Having trouble getting motivated to exercise? Come join a friendly, low impact aerobics, body strengthening and stretching taught by certified instructors. Mon 9-10am

A

RTHRITIS EXERCISE (PACE) \$22.00

This class includes range of motion, muscle strengthen-ing and endurance exercises, body mechanics, and stretching techniques.

Tues 9:00 - 10am

FITNESS WALKING \$18 & BODY STRENGTHING

This class includes walking, stretching, strengthening and fun. All to great music. Fri 8:30 – 9:30 am

TAI CHI FOR EVERYONE \$25.00

Learn slow, gentle exercises that are good for balance, muscles strengthening and range of motion. This class is for people who are comfortable with Yang-style short form.

Karin Collins Wed 10:30-11:45 am

DROP-IN PICKLEBALL

Free

Continue to exercise and improve your skills by teaming up with other players – fun and challenging!

Tuesdays

11:00-2:00 pm

LINE DANCING

\$18.00

Begs Oct 13) Move to the music! NO experience or partner needed. Great for the body and soul. Instructor: Jayla McGill

Tuesdays 9:00 -10:00pm

WINTER PLANNING MEETING

Your input is desired to provide the best activities possible for your enjoyment. Please bring ideas, newspaper clippings, suggestions for classes, workshops, trips, and general program offerings.

Mon Oct. 6 Walking /10:15-11:15 am/Trips 11:15-12:15

KATHRYN HEPBURN MOVIE & LUNCH CLUB

The golden age of American comedy film. Come see these 2 films, which celebrate elegance and screwball antics of classic American screen comedy. Follow up with delicious lunch and beverages. Please pre-register.

Monday 10:15 – 1pm

\$5.00 each

The African Queen Oct 27th

A Night at the Opera Nov 24th

OPEN DROP-IN GAMES

Free

Join in to learn some new games and play your old favorites. They'll set you thinking and laughing all the way through..

Tuesdays 10:00-12:00 pm

Fridays 1:00 – 2:00pm

BALLARD BOOK CLUB

Meet the last Friday of the month at Ballard Library, 5711 24th Ave NW 10:30a.m. All are welcome. Sept 26: *Palace Walk* by Mahfouz.

THANKSGIVING DINNER

\$8

Let us come together in appreciation for all we have. Hors d'Oeuvres, a traditional meal and delicious desserts with old and new friends. Register by Nov. 10th.

Fri Nov 21 11:30—1:00 pm

Ballard CC

CHRISTMAS TEA \$2.00

BRING YOUR OWN FAVORITE TEA CUP and we will supply all the treats and fun. Pre-register 233-7138 by 12/5

Mon Dec 15 10:15-11:30 am

Ballard CC

Senior Adults

HELPING HANDS

A great opportunity to get out and give back to our wonderful Seattle Parks. Simple, 1 hour, non-strenuous work/socialize. Bring sack lunch. We provide drinks & treat. Register, 233-7138, Oct 1, 8:00 am. Name which parks you'll be assisting with. Van pick-up: Ballard.

Oct 28	10:15-1:30pm	Carkeek Park
Nov 4	10:15-1:30pm	Carkeek Park
Dec 9	10:15-1:30pm	Atlantic Street Nursery

LUNCH CLUBS

Explore the hottest local foods with fun people. Register Sept 29th 8am to reserve your seat. 233.7138. Limited capacity. There is automatic 17-20% gratuity on your table's tab. Meet at Ballard CC. 11am. Each trip is \$3.00 paid in advance. \$=\$10.00 Tuesdays.

CAFE' FLORA Vegetarian \$\$	Oct 21
GREEN PAPA Italian \$\$	Nov 18
ANTHONY'S BELL ST. DINER \$\$	Dec16

DELIGHTFUL HIKES AND WALKS

Register on September 24, 8 am at 233-7138. Walk at your own pace for up to 1 hour and 15 minutes. Wear all terrain shoes. Please name the walks you'll attend. Rain or shine! Lunch on your own except on 10/28, please bring a sack lunch. Van pick-up: Ballard CC. Each walk \$5.50

All walks 10:15—3:00 pm

Corn Maze	easy	\$4 at the gate	Wed. Oct 8
Rattlesnake Lake	easy		Wed. Oct 15
Green River	easy/moderate		Wed. Nov 5
Phantom Lake	easy/level		Wed. Nov 19
Kayak Point	moderate		Wed. Dec 3

Trip Registration: Register by calling 233-7138 at 8:00 am on the *date* listed under each trip. You may sign up yourself and one other person. Trip dates, times and destinations are subject to change. Please see city wide senior brochure for complete list of trips. When you call, leave your name, phone number, name of trip & pick-up site. You'll ONLY be called back if on the Wait List.

Registrations Begin At 8:00 a.m

Please don't call before or registration will not count.

THE KIRKLAND PERFORMANCE CENTER PRESENTS *EVITA* \$21.00

Argentina's controversial First Eva Peron - saint to the working-class, reviled by the aristocracy and mistrusted by the military -

was destined to leave a fascinating political legacy unique in the 20th century. Enjoy exuberant Latin, pop and jazz. Lunch on your own on Kirklands waterfront. Sunday performance.

Oct 5th (N bound) 11:30-5:30 Reg: Sept 23rd

TRAIN TO RAINIER IN THE FALL \$8.50

Fall foliage here we come! Experience the Golden Age of Steam as you chug across spectacular bridges and clickety-clack through lush tall forests. Whistle at Mt. Rainier and let off steam by Mineral Lake. Enjoy the one and one half hour trip from Elbe to Mineral Lake. Please bring a sack lunch & we will eat before we board. Admission \$10.50 at the door.

Sun Oct 12th (S-bound) 8:30 -4:00 pm Reg. Sept 22nd

EARTH SANCTUARY \$6.50

Come commune with nature in a very special, spiritual place. A beautiful trail that traverse thru environmental artworks, ponds, a labyrinth and more. Wear good traction shoes. Lunch & time on your own Langley. \$7.00 at the door. **Oct 22nd(N-bound) 8:30-4:00 pm Reg: Sept 30th**

TACOMA'S SWIMMING IN ART \$6.00

Lets go check out their new art museum and then an impressive new display at the Glass Museum. \$10.00 admission.

Oct 29th (S bound) 9:00am – 4:30pm Reg: Oct 7th

ISLAND WOOD-NATUARLLY \$9.50

This trip is back by demand and an entire afternoon this time. Hands-on learning experiences that link science, technology, and the arts in a natural setting of Bainbridge Island. Dress for weather and walking shoes. Lunch on your own.

Nov 6 (S bound) 10:00 – 5:30pm Reg. Oct. 21
WHATS NEW IN SEATTLE? \$4.00

Seattle has a new opera house- McCaw Hall. Lunch on your own.

Nov 12th (S-bound) 10:00 -1:00pm Reg: Oct 14th
BRIGHT LIGHTS! \$7.00

The new Tulalip Casino will shine fun and great food. Then onto the incredible Warm Beach for a dazzling display of holiday lights. There is outdoor walking on this trip and dinner is on your own.\$6.50 at the door. .

Dec 4th Thurs (N bound) 1pm – 7:45pm Reg Nov 4
ANTIQUES SNOHOMISH \$7.00

Experience real antiques stores and charming shops in Snohomish. We will also drive around and see the Victorian homes Then onto Molbaks for an impressive display of poinsettias. Lunch on own..

Dec 10th (N-bound) 9:30 -3:00pm Reg: Nov 18th

Ballard Pool

FALL SCHEDULE - September 8, – December 31, 2003

Monday & Wednesday

6:00-7:30am* Early Morning Lap Swim
12:00-1:15pm Adult & Senior Swim
1:15-2:15pm Water Exercise
2:30-4:00pm SPS – BHS Swim Team
4:00-6:00pm Salmon Bay Aquatics
(until 5:00pm on Wed.)
5:00-6:00pm Public Swim (Wed. Only)
6:00-6:30pm Kinder Swim Lessons
6:30-7:00pm Youth Swim Lessons
7:00-7:30pm Kinder Lessons (Mon. Only)
7:00-7:30pm Youth Lessons (Wed. Only)
7:30-8:00pm Adult & Private Lessons &
Pre-Competition (drop-in)
8:00-9:30pm Adult & Senior Swim

Tuesday & Thursday

6:00-7:30am* Early Morning Lap Swim
12:00-1:15pm Adult & Senior Swim
1:15-2:15pm** Aqua Jogging
1:15-1:45pm Day Care Lessons (Tues. Only)
1:15-1:45pm Tot Lessons (Thurs. Only)
1:45-1:45-2:15pm Kinder Swim Lessons
2:30-4:00pm SPS – BHS Swim Team
4:00-5:30pm Salmon Bay Aquatics
5:30-6:00pm Kinder Swim Lessons
6:00-6:30pm Youth Swim Lessons
6:30-7:00pm Kinder Swim Lessons
7:00-7:30pm Tot Lessons (Tu **OR** Th)
7:00-7:30pm Adv. Youth Lessons
7:30-8:30pm Family Swim (Tues. Only)
7:30-8:30pm Lap Swim (Thurs. Only)
8:30-9:30pm Water Exercise & Hydrofit

Friday

6:00-7:30am* Early Morning Lap Swim
12:00-1:15pm Adult & Senior Swim
1:15-2:15pm Water Exercise
2:30-4:00pm SPS – BHS Swim Team
4:00-5:30pm Salmon Bay Aquatics
5:30-6:30pm Lap Swim
6:30-8:00pm Public Swim

Sunday

11:00-1:00pm 4-Lane Lap Swim
1:00-2:00pm Water Exercise & Hydrofit
2:00-3:00pm Public Swim
3:00-3:30pm Tot & Private Lessons
3:30-4:00pm Kinder & 3 Yr. Old Lessons
4:00-4:30pm Youth Swim Lessons
4:30-5:30pm Family Swim
5:30-7:00pm Adult & Senior Swim

*Admission to Early Morning Lap Swim is by Swim Card Only.

**Program cancelled Dec. 23 & 30, 2003

Have your next party at the Ballard Pool !

Ballard Pool is available on Saturdays
to rent for a private party setting!
Call (206) 684-4094 for more details and to
schedule your next event!

Ballard Pool will be **closed** for the following
holidays:

Tue., Nov. 11 – Veteran's Day
Th & Fri., Nov. 27 & 28 – Thanksgiving
Thurs., Dec. 25 – Christmas
Thurs., Jan. 1 – New Year's Day

Budget Closure: Sept. 1-7, 2003

ADDITIONAL PUBLIC SWIMS – DURING WINTER BREAK:

Tuesday, December 23 & 30, 2003 from 1:30-2:50pm.

Admission Prices . . .

Recreation

Under 1 year Free
Youth (1-18) \$2.25
Adult (19-64) \$3.25
Senior (65+) \$2.25
Spec. Pops \$2.25

Extras

Slide \$1.00
Shower \$2.00
Towel Rental .50¢
Weights \$1.00

Exercise Classes

Water Exercise, Hydrofit
& Aqua Jogging:
Adults \$3.75
Seniors \$2.50

Discount Cards

Punch Cards:
Recreation \$20.00
Fitness \$30.00 -
Monthly
Passes also available

BALLARD SWIMMING POOL
1471 NW 67th St., Seattle, WA 98117
(206) 684-4094

✓ **FALL SCHEDULE – September 8, - December 31, 2003**

Special Events – . . .

❖ **Back to School Swim**

Friday, Sept. 12, 2003 – 6:30-8pm

All Kids Swim Free

❖ **Fall Health & Fitness Day**

Friday, October 3, 2003 – 12:30-3:00pm

Come join in the healthy festivities:

- *Swimming (12-1:15pm)*
- *Water Exercise (1:15-2:15pm)*
- *Potluck, please bring a healthy dish to share*
- *& Free Mini-Massages, Blood Pressure Checks, Spinal Exams, & Acupuncture (1-3pm)*

❖ **Family Fall Fest**

Sunday, November 30, 2003 – 3:30-5:30 pm

- *This is your chance for that extended family swim time you've always wanted.*
- *Tot races, games & songs, parent rope swing contest, prizes & snacks!*

HOW TO REGISTER FOR SWIMMING LESSONS:

- 1) If you are currently enrolled in Ballard Pool swimming lessons, sign up for the new session during the last night of your current class.
- 2) If you would like to be a new participant in swimming lessons at Ballard Pool, please come to our **OPEN REGISTRATION**, dates noted below under "**Fall Lesson Dates and Registration**". Note "**New Participant Registration**".
- 3) **Pre-Tests are required before registration** to determine what level of Kinder or Youth classes to sign up for. You may take a pre-test free of charge during any of our public or family swims, see pg.? for days and times.
- 4) Ballard Pool registration system is done on a "lottery basis". You will stand in line according to the number you draw. Payment is required at the time of registration.
- 5) A minimum of 4 students is required for all youth swimming classes. Programs may be combined or cancelled if minimum enrollment it not met.

In the event that classes are full, a waiting list for the current session will be made. New classes added according to pool space and instructor availability.

Fall Lesson Dates and Registration

	#Lessons	\$Yth. Cost/\$Ad. Cost	New Participant Registration Dates
	↓	↓	↓
<u>Mon. & Wed. Classes</u> (*no class Nov. 24 & 26)			
Session I Sept. 15-Oct. 20	11	\$44	\$44
Session II Oct. 27-Dec. 10*	12	\$38.50	\$38.50
<u>Tues. & Thurs. Classes</u> (*no class Nov. 11, 25 & 27)			
Session I Sept. 16-Oct. 21	11	\$44	
Session II Oct. 28-Dec. 11*	11	\$44	
<u>Mon. Only Classes</u> (*no class Nov. 24)			
Session I Sept. 15-Dec. 8*	12	\$48	
<u>Tuesday Only Classes</u> (*no class Nov. 11 & 25)			
Session I Sept. 16-Dec. 9*	11	\$44	
<u>Wednesday Only Classes</u> (*no class Oct. 23 & Nov. 27)			
Session I Sept. 17-Dec. 10*	11	\$44	
<u>Thursday Only Classes</u> (*no class Oct. 23 & Nov. 27)			
Session I Sept. 118-Dec. 111*	11	\$44	
<u>Saturday Only Classes</u> (*no class Nov. 29)			
Session I Sept. 20-Dec. 13*	12	\$48	
<u>Sunday Only Classes</u> (*no class Dec. 1)			
Session I Sept. 21-Dec. 14*	12	\$48	

Policies and Procedures

FEES AND CHARGES

The programs and activities listed in this brochure are provided by the **Ballard Community Center & Ballard Pool Advisory Council** under an agreement with the Seattle Department of Parks and Recreation. Fees collected by the Advisory Council are used to offset the costs of these programs. The program fees listed include a 1.1% per class fee and \$1.50 per workshop fee which is paid to the Seattle Department of Parks and Recreation for each adult registered in a program. Fees for athletic use is as follows: youth sports practice times are assessed \$1.00 per hour and \$2.00 per youth game. For adults, \$18 per adult is charged for indoor/outdoor leagues, tournaments and playoffs. The Department uses the latter funds to defray the overall operation expenses. Fees listed include sales tax where applicable in accord with current provisions of the state tax code.

REFUND POLICY

It is policy of the Parks Department to make a full refund to participants who register for a program that is canceled by the Department for any reason. If a participant drops from a class or program for which he or she is registered prior to the second session of a series, the pro-rated class fee plus a service charge of \$5.00 or 10% of the fee, whichever is greater, will be retained. This service charge is to offset the Department or Advisory Council cost in handling the refund. If a participant drops a class or program after the second session of a series, no refund will be given. Occasionally, no refund or credit is available for specific program service, which may include deposits for registration or rentals. Information on any specific exceptions is available from recreation staff prior to payment or purchase.

SCHOLARSHIPS

Ballard Community Center & Ballard Pool Advisory Council and the City of Seattle approve scholarships based on need and funds available. DSHS low income guidelines are followed for awarding scholarships. Contact the Center or Pool staff for scholarship information.



GET INVOLVED IN YOUR NEIGHBORHOOD

The Ballard Advisory Council members give direction and input on the various programs and activities offered at the community center. Your voice and/or participation will be an important part of the planning process for several programs and projects that will be undertaken in the year 2002-2003. These programs and projects will have a positive long-term effect on the community and the Community Center. Please contact Terri Burns or Chris Easterday at (206) 684-4093 to make a difference!

Ballard Community Center & Pool 2003-04 Advisory Council Members

Gino Galvan	President
Kim Paxton	Vice President
Susan Shear	Secretary
Annette Busko	Treasurer
Elroy Carlson	Member
Lois Dixon	Member
Kirsten Murray	Member

INTERESTED IN TEACHING?

We are always looking for top quality instructors to offer unique courses. Anyone with knowledge to share is welcome to propose a class or workshop idea. Selection is based on interest of our participants and space availability. If you are interested in teaching, call (206) 684-4093.

NON - DISCRIMINATION POLICY

As a matter of policy and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, creed, color, sex, marital status, sexual orientation, political ideology, age, religion, ancestry, national origin, or the presence of any sensory, mental or physical disability.

PERSONS WITH DISABILITIES

Accommodation will be made on request for persons with disabilities. If you need sign language interpretation, auxiliary aids or other accommodation, please call 684-4093 or (TDD ONLY) 233-7061. If possible, please allow 10 working days advanced notice for sign language interpretation or auxiliary aids. If a class or activity is scheduled in an area that is not barrier free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Community Resources

BUILDING RENTAL INFORMATION

The Ballard Community Center is an ADA compliant facility, and can accommodate both small and large groups for meetings or celebrations of special occasion. Facilities include the following room sizes:

- Small** (up to 400 square feet)
- Medium** (401-1500 square feet)
- Large** (1500+ square feet).

This facility boasts a gymnasium, kitchen, warm lobby, accessible restrooms, and helpful staff. Our fees are affordable, and we would be happy to work with you to make your event a success.

VOLUNTEER COACHING...

Please consider giving back to your community with your skill, time and enthusiasm for youth in sports.

Impact young lives in volleyball, flag football, indoor soccer, or basketball. All you need is basic knowledge of fundamentals, several hours a week, and a yearning to teach and lead.

Please call **(206) 684-4093** for more info.

COMMUNITY PHONE NUMBERS

Parks Dept. Community Centers

Alki	684-7430
Ballard	684-4093
Bitterlake	684-7524
Delridge	684-7423
Discovery Park	386-4236
Garfield	684-4788
Greenlake	684-0780
Hiawatha	684-7441
Highpoint	684-7422
Jefferson	684-7481
Langston Hughes	
Cultural Arts Center	684-4757
Laurelhurst	684-7529
Loyal Heights	684-4052
Magnolia	386-4235
Meadowbrook	684-7522
Miller	684-4753
Montlake	684-4736
Queen Anne	386-4240
Rainier	386-1919
Rainier Beach	386-1925
Ravenna-Eckstein	684-7534
South Park	684-7451
Southwest	684-7438
Van Asselt	386-1921
Yesler	386-1245

Library & Service Centers

Ballard Neighborhood

Service Center	684-4060
Ballard Library	684-4089
Greenwood Neighborhood	
Service Center	684-4096
Greenwood Library	684-4086

Parks Dept. Swimming Pools

Ballard	684-4094
Evans	684-4961
Madison	684-4979
Meadowbrook	684-4989
Medgar Evers	684-4766
Queen Anne	386-4282
Rainier Beach	386-1944
Southwest	684-7440
Colman (Summer only)	684-7494
Monger (Summer only)	684-4708

More Seattle Parks Department

Aquarium Info	386-4320
Ball Field Reservations ..	684-4082
Compliments/Complaints ..	684-4837
Rainout Hotline	233-0055
Seattle Tennis Center	684-4764
Senior Adult Programs	684-4951
Specialized Programs	684-4950
Picnic Reservations	684-4081
Wading Pool Hotline	684-7796
WP Zoo Info	684-4800

Local Athletics

Ballard Little League	985-0534
Ballard Jr. Football	789-9760
Ballard Youth Soccer	783-2515
Interbay Golf Center	285-2200
NW Little League	363-3379
Grnlk Pitch & Putt Golf ...	632-2280

Local Schools

Adams Elem. School	252-1300
Adams Kids Company ...	781-8186
Ballard High School	252-1000
Coho / NOMS	378-2770
St. Al's	782-4363
Whitman	252-1200
Whittier	252-1650
West Woodland	252-1600

More Local Numbers

Animal Control	386-4254
Ballard Ave Landmarks ..	684-0215
Ballard Boys & Girls Club ..	783-5775
Ballard Chamb of Comm ..	784-9705
Ballard Family Center ..	706-9645
Ballard Historical Society ..	782-6844
Ballard Merch. Assoc.	783-4562
Ballard News Tribune	783-1244
Ballard Spice Program ...	281-6834
Central Ballard	
Community Council	789-3620
Locks, the Visitor Cntr ...	783-7059
Nordic Heritage Museum ..	789-5707
North End Emer. Fund ...	789-7800
NW Senior Center	297-0403
Pea-Patch Garden Info ..	684-0264
Phinney Neighbrhd Cntr ..	783-2244
Police – North Precinct ..	684-0850
Sea/King Co Health Dept. ..	296-4992
Leif Erikson Lodge S/N ...	783-1274
Sunset Hill Comm Club ..	784-2927
Youth Crisis Clinic	461-3222
Washington State DSHS ..	789-5200

Special Events

What's New At Ballard CC

Miss Ellie's Danceworks
Thumblina/Tumblena
Acrobatics
Jazz/Hip Hop
Jazz and Fitness

Roving Reptiles
Guitar & Singing Lessons
Build a Gingerbread House
Suitcases of Hope
Art Without Limits

Flea Market

Ballard C.C. will host a Flea Market. Come shop for that irresistible bargain or rent a table to sell those no longer needed treasures. Call 206-684-4093 to reserve your space.

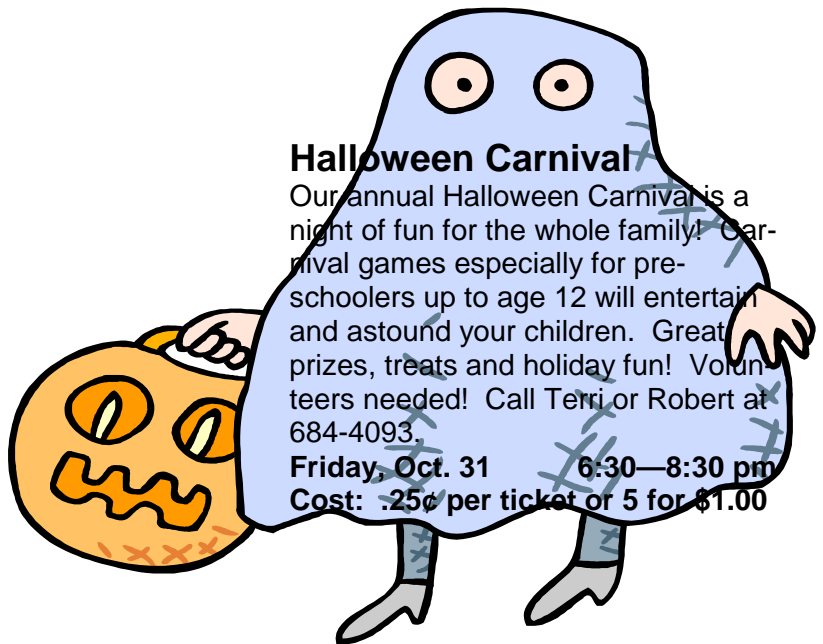
Saturday, Sept. 27 10:00 to 4:00 pm
Tables \$10 each



Halloween Carnival

Our annual Halloween Carnival is a night of fun for the whole family! Carnival games especially for pre-schoolers up to age 12 will entertain and astound your children. Great prizes, treats and holiday fun! Volunteers needed! Call Terri or Robert at 684-4093.

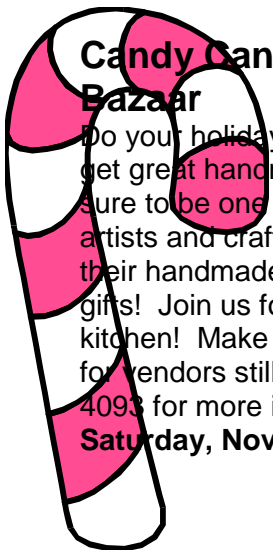
Friday, Oct. 31 6:30—8:30 pm
Cost: .25¢ per ticket or 5 for \$1.00



Candy Cane Lane Holiday Bazaar

Do your holiday shopping here and get great handmade gifts that are sure to be one of a kind! Over 50 artists and crafters will be selling their handmade decorations and gifts! Join us for lunch in our soup kitchen! Make a day of it! Booths for vendors still available! Call 684-4093 for more information.

Saturday, Nov. 22 10 am-4 pm



Daddy Daughter Dinner/ The Orient Express

Now in it's 14th year, this event has become a tradition for dads and their girls of all ages. This year will have an Orient Express theme. Plan ahead now!

Saturday, Feb. 7, 6—9 pm

Tickets go on sale Dec. 1

\$40 per dad/daughter

\$10 each additional daughter

